

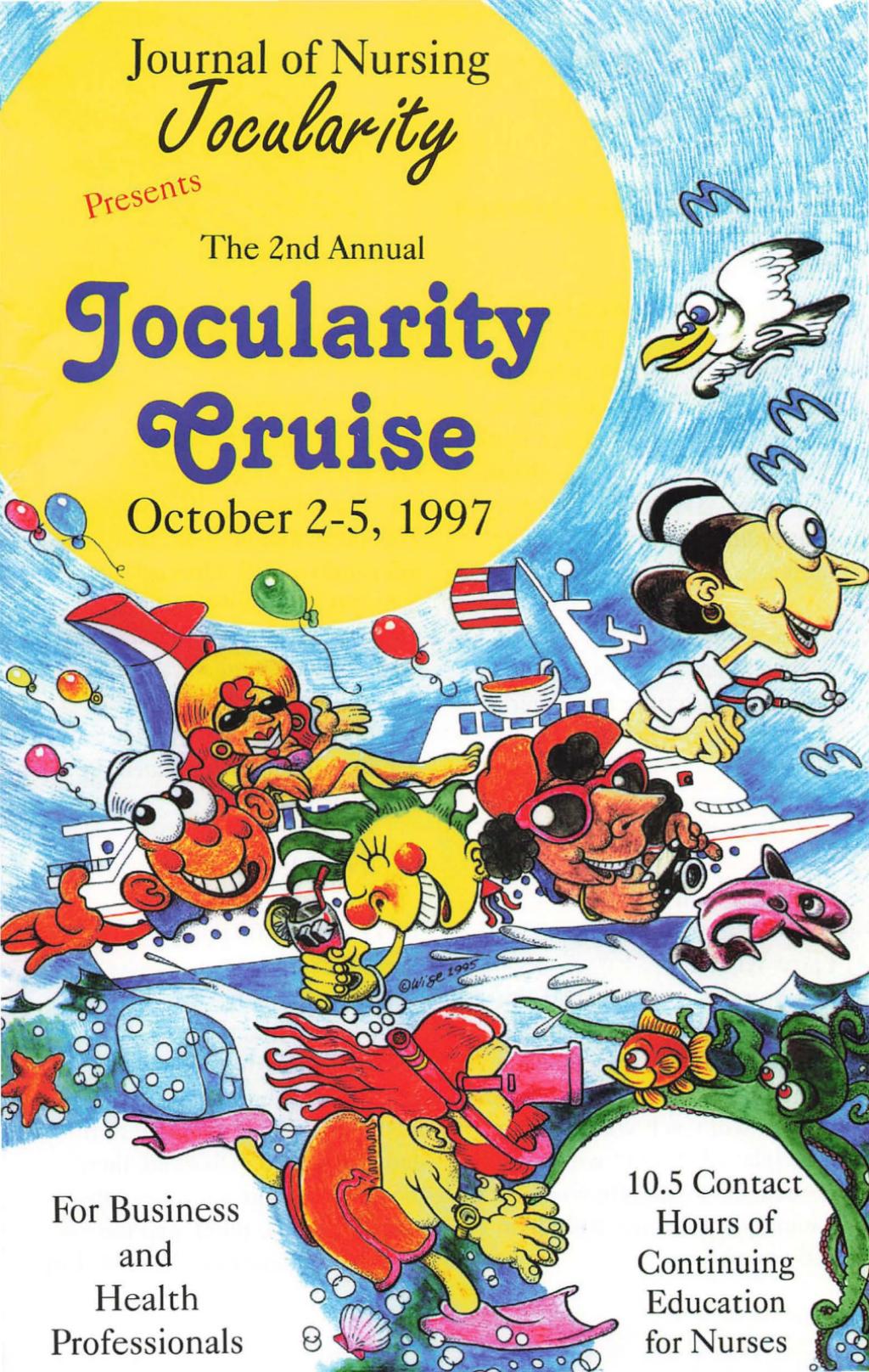
# Journal of Nursing *Jocularity*

Presents

The 2nd Annual

# **Jocularity** **Cruise**

October 2-5, 1997



For Business  
and  
Health  
Professionals

10.5 Contact  
Hours of  
Continuing  
Education  
for Nurses

# Program

## Thursday October 2, 1997

1:30 - 3:30 pm

On Board Conference Registration

7:30 - 8:30 pm

Sail the Seven C's with Humor!

Karyn Buxman, RN, MS

It's sure to be smooth sailing for those who know how to sail the seven C's: change, conflict, cynicism, congress, cutbacks, chaos, and crises. Don't be a castaway — chart your own course — using humor to keep you afloat!

8:30 - 9:00 pm

A special presentation for our group from a cruise line entertainment director. Definitely not to be missed.



9:15 - 9:30 am- Break

9:30 - 10:30 am

**Stress: The Role of Humor - Part I**

Christian Hageseth III, MD

This presentation, both funny and informative, will introduce the concepts of positive and negative humor. How humor functions as a mature psychological response to stress will provide scientific validity to the idea that humor is good medicine. (Continued on Saturday, 8:00 am)

## Friday October 3, 1997

8:00 - 9:15 am

**Humor and Customer Service**

Larry Winget

Can you deal with this bad situation by using humor? Is there a way to keep your perspective by using humor? Sure there is! This session will teach you the primary principles of dealing with customers and show you effective uses of humor when dealing with them and yourself.

10:30 - 10:45 am - Break

10:45 am - 12:00 pm

**For Longevity: Inject Levity PRN (Please Right Now)**

Denise E. Williams, OTR/L

Yikes! I'm sad! Phooey! I'm upset! Aha! Let me reach into my medicine cabinet for some mirth and motivation. Oh good, there's the bottle of buoyancy, the capsules for comic relief, and the elixir for enthusiasm. Whew! I'm better!

## Saturday October 4, 1996

8:00 - 9:15 am

### Humor and Creativity: Why Didn't I Think of That?

Karyn Buxman, MS, RN

Is your brain overflowing with creative thoughts, dribbling a few good ideas, or all dried up? How can you tap those creative juices? Come to this fun-filled interactive session that's sure to get those creative juices rolling.

9:15 - 9:30 am

Break

9:30 - 10:30 am

### Stress: The Role of Humor - Part II

Christian Hageseth III, MD  
Continuation of Saturday morning's program.

10:30 - 10:45 am - Break



10:45 am - 12:00 pm

### I'm In Charge Here, Why is Everybody Laughing?

Bob Ross

In this session you will learn the different ways humor can aid in communication with others and understand how to change confrontation into cooperation. You will also be able to appreciate humor's role as a social lubricant and key to longevity.

7:30 - 8:30 pm

### Stuff That Works Every Single Day: The Principles of Personal and Professional Success

Larry Winget

Learn how to have more fun and be more successful! With this session you will be taught the 17 principles of personal and professional success and be able to identify situations where these principles will help you.



# Faculty

## Karyn Buxman, MS, RN

As the “Humble Empress of Humor”, Karyn is one of the leading national experts on therapeutic humor. She presents to thousands of business and health professionals, nationally and abroad, on how to put humor into their personal and professional lives.

## Christian Hageseth, III, MD

Above average professional speaker, generic psychiatrist, and not-too-bad of a writer, Dr. Hageseth comes from sober Norwegian stock. He is committed to insuring his audiences never become comatose or develop addictions to dead surgeon jokes.

## Bob Ross

Bob is the author of *Laugh, Lead & Profit: Building Productive Workplaces with Humor*. He is a professional speaker and humorist who conducts programs throughout the US and Canada. His message is about using humor as a strategy for success.

## Denise Williams, OTR/L

Graduating from class clown to adult humorist, Ms. Williams is a firm believer in the need for daily guffaws. By changing how we think, we can change how we feel. Remember, up or down - the choice is ours to make.

## Larry Winget

Larry has done it all, from driving a bookmobile and shovelling manure to serving as president of a major company. He is proof that you can go belly-up in business without going face-down in failure. Larry brings with him a unique perspective on the principles necessary to survive and succeed both personally and professionally.



## “Extend Your Vacation” Options

Extend your cruise with one of these vacation plans scheduled either before or after the cruise! All rates shown here are per person. There are limited spaces available, so make your reservations early.

**MAGICAL ORLANDO - 2 or 3 Nights**  
Experience the magic of the Disney World Resort. Enjoy the wonders of the Magic Kingdom Park, explore the future at Epcot Center or uncover the mystery of movie-making at Disney-MGM Studios. Plus, there are more than 50 other attractions in Central Florida. Stroll around Church Street Station, home of Rosie O'Grady's for an evening of Dixieland jazz or an old-time ice cream cone at Church Street Depot. Nearby attractions also include Universal Studios, Sea World and Kennedy Space Center's Spaceport USA. Whether you stay on-site at Walt Disney World Dolphin Resort or at a convenient Orlando area hotel, your time in Orlando will be truly magical.

### Off-Site Package Includes:

- Accommodations at the Hilton at Walt Disney World Village, Comfort Suites or Ramada Plaza Resort. Room tax included.
- Three one day Admission tickets to the Walt Disney World Resort with the 3 night package
- Alamo rental car with unlimited free mileage.

### Comfort Suites or Ramada Plaza Resort

	Double	Triple	Quad
2 nights	\$120	\$ 85	\$ 65
3 nights	\$320	\$260	\$230

### Hilton at Walt Disney World Village

	Double	Triple	Quad
2 nights	\$200	\$140	\$110
3 nights	\$445	\$350	\$305

### On-Site Package Includes:

- Unlimited admission to all three Walt Disney World theme parks, River Country and Pleasure Island plus unlimited use of the Walt Disney World transportation system from check in to check out.
- Alamo rental car with unlimited free mileage.

### Walt Disney World Dolphin Resort

Rates per person:

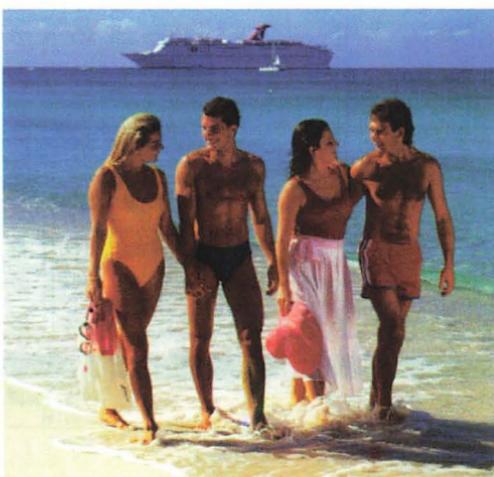
	Double	Triple	Quad
2 nights	\$435	\$345	\$300
3 nights	\$605	\$470	\$400

For more information or to book your pre or post cruise option call:

Jocularity Cruise  
PO Box 40129, Mesa, AZ 85274  
602-835-6165, FAX 602-835-6922

The Alamo rental car is your transfer to your option destination or back. Alamo rental agent is located at the pier.

If you wish to make your own transfer arrangements call to obtain prices without the rental car.



Carnival's Fantasy "Fun Ship" offers shimmering pools and acres of deck space for lounging in the warm sunshine. So many activities are offered, you won't be able to try them all. "Welcome Aboard" Party; Gala Captain's Dinner; Captain's Cocktail Party; Eight Great Meals and Snacks a Day; Different Nightclub Show Each Evening at Sea; Full Gambling Casino; Singles Cocktail Party; Nautica Spa Program; Duty-Free Shopping; First-Run Movies Daily; Choice of Three Pools; Port of Call Activities; and lots more!

#### **Cruise Certification**

Journal of Nursing Jocularity is an affiliated agency with Cruise Lines International Association, CLIA ID# 00-45306-2. Be sure to contact us for all your cruise needs.

#### **Departure**

We'll leave Port Canaveral on Thursday at 4:30 pm. Stop over at Nassau, the capital of The Bahamas, on Friday. Return to Port Canaveral on Sunday at 7:00 am.

#### **General Information**

Because we go through U.S. Customs, a passport or certified copy of your birth certificate, plus a photo ID is required.

#### **Registration Information**

Your Tuition Includes: Conference, Cruise, Airfare, Transfers between airport and dock, Meals and overnight accommodations for passengers departing from western states (on 10/1/97). Air arrangements are made by Carnival 30 days prior to sailing.

#### **Cabin Availability**

300 spots are available until 7/01/97. After this date please call to confirm space available. Spots will be filled on a first come basis. Suites and additional passengers in cabins are also available. See registration page for rates.

#### **Clothing**

Daytime: shorts, bathing suits, cover-ups. Dinner Attire: casual two nights; dressy, formal attire for "Captain's Night".

#### **Accreditation**

The Jocularity Cruise conference is sponsored by the Journal of Nursing Jocularity. Provider approved by the Arizona Nurses' Association, ID Number 279-96, for 10.5 contact hours of continuing education in nursing. The Arizona Nurses Association is approved by the American Nurses Association. Journal of Nursing Jocularity is also a Continuing Education Provider for the State of California, Provider No. CEP 10723.

#### **Travel Plan Variances**

Extended vacations on land, either before or after the cruise, are also available (See previous page for cost and arrangements). Flight plan changes can be accommodated at a minimum cost of \$35.00 per person. Please call for more information. All arrangements must be made prior to 7/31/97.

#### **Insurance**

Carnival Cruise Lines offers a "Vacation Protection Plan" that will cover delays, interruptions or cancellation of your trip. The cost is \$39.00. You will receive information when you make your reservation, or you can call for a brochure.

#### **Payment Schedule:**

\$50 refundable deposit reserves space, \$200 for a suite, \$300 due 5/1/97, balance due 7/1/97. After 4/30/97 a total deposit of \$350 will reserve your cabin with balance due on 7/1/97. After 5/31/97, the total balance of your cabin is required for booking.

#### **Cancellations**

There is a \$5.00 nonrefundable processing fee for any cancellations. All cancellations must be made to Jocularity Cruise in writing. Deposit is refundable prior to 7/31/97. Cancellations will incur fees as follows:

8/1 -8/30/97, a \$100 processing fee  
9/1 - 9/15/97 a \$150 processing fee.  
No refunds after 9/15/97\*.

This brochure was printed September 1996. For current information see our web site at: <http://www.jocularity.com> or call 602-835-6165.

\*If a replacement can be found, the cancellation fee will be a maximum of \$100.



# CONFERENCE REGISTRATION FORM

Make check or money order payable in U.S. funds only to:

Jocularity Cruise, P.O. Box 40129, Mesa, AZ 85274

Phone - 602-835-6165 FAX 602-835-6922

Full Name \_\_\_\_\_ Title (RN, etc.) \_\_\_\_\_  
(No Initials Please)

Home Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_\_) \_\_\_\_\_

Nursing License No., if applicable, (for CEU's) \_\_\_\_\_

Inside cabin \$795 per person double occupancy (3rd or 4th occupant, \$695.00)

Outside cabin \$845 per person double occupancy (3rd or 4th occupant, \$695.00)

Demi-Suite \$1069 per person double occupancy (3rd or 4th occupant, \$695.00)

For Suites a \$200 per person deposit is required, Call for availability.

Do you need a roommate?  yes  no

If yes please specify:  female  male

nonsmoking  smoking\*

\*If a smoking roommate is not available you will need to share a room with a nonsmoker and refrain from smoking in your cabin.

If not, name of your roommate \_\_\_\_\_

Is roommate's registration enclosed?  yes  no

Which major airport do you want to leave from to fly to Port Canaveral \*?

1st Choice: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

2nd Choice: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

\* The following cities require an additional \$100 airfare/person: Albuquerque, NM; Billings, MT; Bozeman, MT; Cedar Rapids, IA; El Paso, TX; Bismarck, ND, Fargo, ND, Grand Forks, ND, Great Falls, MT; Minot, ND; Rapid City, SD; Rochester, MN; Salt Lake City, UT; San Juan, PR, Sioux City, IA; Sioux Falls, SD; Springfield, MO. (Alaska & Hawaii not available.) Montreal, Ottawa & Toronto, Canada available at no extra cost.

Deposit of \$50 per person will reserve a space. \$200 deposit required for a suite.

\$300 due by 5/1/97 (total of \$350 due on 5/1/97) -- Balance due in full 7/1/97

Total payment enclosed \$ \_\_\_\_\_

Credit Card # (Visa or MC) \_\_\_\_\_

Exp Date \_\_\_\_\_ Signature \_\_\_\_\_

For Telephone Registration Call 602-835-6165 - Mon - Fri (9:00am - 3:00pm Arizona time)

# **The Jocularity Cruise**

**October 2-5, 1997**

Total cost of \$775 (inside cabin double occupancy) includes: Conference, Cruise, Airfare, & Meals

## **Humor Skills for Health and Business Professionals**

Learn how humor enlivens communication — How humor improves creativity

Ways that humor impacts the bottom line — How humor can be used in the workplace

And much more!

**Mark your Calendar Today!**

**<http://www.jocularity.com>**

**Journal of Nursing Jocularity**

P.O. Box 40129

Mesa, AZ 85274

(602) 835-6165



**Please Post At Work!**